


Monday

Tuesday

Wednesday

Thursday

Friday

 <h1>July 2021</h1> <p>Meals on Wheels served by the Frederick County ADC</p>				Creamed Chicken over Biscuit Egg Noodles Chopped Spinach Gingerbread Fresh Pear Meatloaf with LS Beef Gravy Mashed Potatoes California Blend Vegetables Chocolate Cake	1	Baked Fish Wedge Tartar Sauce Brown Rice Sliced Carrots Mandarin Oranges Hamburger on a Roll Tater Tots Kale Lettuce/Tomato/Pickle/Ketchup Pineapple	2		
HOLIDAY	5	Chicken Pot Pie Chopped Broccoli Dinner Roll Mandarin Oranges Baked Chicken Breast Fillet Brown Rice Green Beans Dinner Roll Peaches Oatmeal Raisin Cookies	6	Chili Con Carne Brown Rice Cauliflower Tropical Fruit Salad LS Vegetable Soup LS Crackers Chicken Salad Sandwich Three Bean Salad Peach Crisp	7	Baked Chicken Tenders Fresh Mashed Potatoes Brussels Sprouts Sliced Apples LS Bologna and Cheese Sandwich Mustard Vegetarian Beans Tossed Salad with Italian Dressing Fresh Orange	8	Meatloaf with LS Gravy Mashed Sweet Potatoes Spinach Pineapple Baked Fish with Lemon Wedge Brown Rice Coleslaw Cornbread Tropical Fruit Salad	9
	12	Chicken Noodle Soup LS Crackers Turkey Ham Red Potatoes Broccoli Fresh Pear Meatloaf with LS Beef Gravy Fresh Mashed Potatoes Steamed Carrots Fruit Cocktail	13	Sliced Turkey Breast LS Turkey Gravy Fresh Mashed Potatoes Mixed Vegetables Fresh Orange Shredded Chicken Barbeque on a Roll Potato Salad Coleslaw Applesauce	14	Hamburger on a Roll Ketchup Baked Beans Collard Greens Mandarin Oranges LS Vegetable Soup LS Crackers Chicken Salad Sandwich Carrot and Raisin Salad Tropical Fruit	15	Baked Chicken Mashed Sweet Potatoes Green Beans Tangerine Sugar Cookies Salisbury Steak LS Beef Gravy Mashed Potatoes Lima Beans Apricots	16
19	Sliced Turkey LA Turkey Gravy Fresh Mashed Potatoes Mixed Vegetables Fresh Orange Chicken Chow Mein Brown Rice Cabbage Dinner Roll Vanilla Pudding	20	Whole Grain Flour Tortillas Ground Beef Filling Brown Rice Ranch Beans, Chuckwagon Corn Lettuce/Tomato/Cheese/Sour Cream Mandarin Oranges Chicken Breast Filet Fresh Mashed Potatoes Broccoli Applesauce	21	Turkey Burger on a Roll Mayonnaise Baked Sweet Potato Fries Steamed Carrots Tropical Fruit Salad LS Split Pea Soup LS Crackers Turkey Salad Sandwich Three Bean Salad Grapefruit Sections	22	Meatloaf W/LS Beef Gravy Fresh Mashed Potatoes Steamed Kale Fruit Cocktail Sugar Cookies Turkey Ham Sweet Potatoes Spinach Apricots	23	Baked Fish Wedge Tartar Sauce Brown Rice Brussels Sprouts Pineapple Tidbits Stuffed Shells w/Marinara Sauce Peas Tossed Salad w/Ranch Dressing Mandarin Oranges
26	Chicken Drumstick Twice Baked Potato Broccoli Tossed Salad w/French Dressing Dinner Roll Sliced Peaches Vegetable Lasagna Zucchini Italian Bread Fresh Orange	27	Hamburger on a Roll Lettuce/Tomato/Pickle/Ketchup Fresh Boiled Potatoes, Succotash Grapefruit Sections Oatmeal Raisin Cookies Three Bean Turkey Chili over Brown Rice Chuckwagon Corn Cornbread Pineapple Slices	28	Turkey Ham Sweet Potatoes California Blend Vegetables Apricots LS Navy Bean Soup LS Crackers Sliced Turkey and Swiss Sandwich Lettuce/Tomato/Mayonnaise Mandarin Oranges	29	Sloppy Joe on a Roll Fresh Mashed Potatoes Broccoli Sugar Cookies Fresh Orange Sliced Roast Turkey LS Turkey Gravy Bread Dressing Sliced Carrots Peanut Butter Cookies	30	Whole Grain Rotini Pasta Meatsauce Brussels Sprouts Canned Peas LS Minestrone Soup LS Crackers Tuan Salad Sandwich Lettuce/Tomato/Pickle Tater Tots' Kale Pineapple

Frederick County Meals on Wheels – Menu subject to change. 1% Milk and Whole Grain Bread are served with all meals unless noted.